

AFRH - G / MASTER MENUS / F-1a, MAY 2015 / CYCLE FIVE - REGULAR LINE / WEEK OF 01 / 02 / 2017

	BREAKFAST - 07:00 - 08:30	LUNCH - 11:30 - 13:00	DINNER - 16:30 - 18:00
M O N	Donuts / Bran Muffins Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon	Fresh Tomato Tortellini Soup Cream of Broccoli Soup Cheese Enchiladas with Sauce Pork Chops Smothered 'n Onion Gravy Parmesan Roasted Red Potatoes Squash Casserole Stewed Cabbage Assorted Rolls / Cornbread	Fresh Tomato Tortellini Soup Cream of Broccoli Soup Assorted Deli Meats / Cheeses Grilled Chop Beef Steak Baked Sweet Potatoes Italian Gr Beans w/Diced Pot & Ham Creamed Spinach Assort Rolls / Sliced Bread
Jan 2nd	French Toast / Shredded Hash Browns Biscuits / Sausage Gravy		
T U E S	Donuts / Bran Muffins Pecan Swirl Danishes Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnaise Potatoes Biscuits / Country Gravy	Loaded Potato Soup Turkey Noodle Soup Chicken 'n Dumplings Country Fried Steaks/White Gravy Mashed Potatoes / Brown Gravy Okra & Tomatoes Black-Eyed Peas Dinner Rolls / Cornbread	Loaded Potato Soup Turkey Noodle Soup Assorted Deli Meats / Cheeses Salmon Croquettes Wild Rice w/Cream Sauce Sugar Snap Peas Harvard Beets Brown&Serve Rolls / Sliced Bread
Jan 3rd			
W E D	Donuts / Bran Muffins Assorted Coffee Cakes Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Buttery Potatoes / Baked Beans Corn Muffins / Biscuits / Country Gravy	Roasted Cauliflower & Mushroom Soup Pinto Bean Soup Stuffed Pepper Casserole BBQ Chicken & Cheddar Sandwich Roasted Garlic & Olive Oil Linguini Roasted Asparagus Sautéed Rutabagas Yeast Rolls / Cornbread	Roasted Cauliflower & Mushroom Soup Pinto Bean Soup Assorted Deli Meats / Cheeses Beef and Broccoli Fried Rice & Egg Rolls Baby Carrots Broccoli Florets Dinner Rolls / Sliced Bread
Jan 4th			
T H U R S	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Links / Shredded Hash Browns Pancakes / Pineapple Topping Biscuits / Country Gravy	Italian Wedding Soup Pasta Fagioli Soup Beef & Spinach Salad Chicken Cacciatore Vermicelli Caesar Salad Normandy Blend Vegetables Garlic Bread / Cornbread	Italian Wedding Soup Pasta Fagioli Soup Assorted Deli Meats / Cheeses Sliced Roast Beef 'n Gravy Mashed Potatoes w/Gravy Brussels Sprouts Creamed Cauliflower Slider Roll / Sliced Bread
Jan 5th			
F R I	Donuts / Bran Muffins Assorted Danishes Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Home Fried Potatoes Biscuits / Country Gravy	Chicken & Rice Soup Chili Bean Soup Sloppy Joes w/Buns Fried Fish w/Cocktail/Tartar Sauce Mediterranean Penne Pasta Fried Okra Coleslaw Hushpuppies / Cornbread	Chicken & Rice Soup Chili Bean Soup Assorted Deli Meats / Cheeses Barbeque Beef Brisket Lyonnais Potatoes Turnip Greens Stewed Tomatoes Dinner Rolls/ Cornbread/ Sliced Breads
Jan 6th			
S A T	Donuts / Bran Muffins Honey Buns Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes Biscuits / Sausage Gravy	Vegetable Beef & Barley Soup Lobster Bisque Cashew Chicken & Grape Salad Beef & Ravioli Lasagna Hash Brown Casserole Seasoned Green Beans Sautéed Carrot Brown and Serve Rolls / Cornbread	Vegetable Beef & Barley Soup Lobster Bisque Assorted Deli Meats / Cheeses Grilled Liver and Onions Mashed Potatoes / Brown Gravy Buttery Green Peas Sautéed Fresh Zucchini Yeast Rolls / Sliced Bread
Jan 7th			
S U N	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks / Cheesy Potatoes Waffles / Apple Topping Biscuits / Country Gravy	Chicken Tortilla Soup Kielbasa Cabbage Soup Seafood Salad Cornish Hen Halves Uncle Ben's Cranberry Wild Rice Creamy Country Corn Broccoli Florets Slider Rolls / Cornbread	Chicken Tortilla Soup Kielbasa Cabbage Soup Assorted Deli Meats / Cheeses Salisbury Steaks w/Gravy Mashed Potatoes w/Gravy Fresh Spinach Salad Mixed Vegetables Dinner Rolls / Sliced Bread
Jan 8th			

DESSERTS - REGULAR LINE

Mon	Lemon Meringue
Tue	Peanut Butter Cookies
Wed	Chocolate Cake
Thu	Red Velvet Cake
Fri	Pecan Pie
Sat	Chocolate Chip Cookies
Sun	Apple Cobbler

DESSERTS - DIET LINE

NSA Apple Pie
Assorted SF Cookies
Fresh Fruit Cups
Sponge Cake w/Diced Pears
NSA Chocolate Pie
Assorted SF Cookies
Tropical Fruit Cups

DAILY SHORT ORDER LINE - LUNCH ONLY

Grilled Hamburgers w/ Buns / Sliced Cheese
Grilled Hot Dogs w/ Buns / Chili / Cheese Sauce
Grilled Chicken Breast w/ Corn Rolls
Grilled Cheese Sandwiches on White or Wheat
Condiments: Green Leaf Lettuce / Sliced Tomatoes
Sliced Red Onions / Dill Pickle Slices
Horseradish / Bacon / French Fried Potatoes